

Snack Attack

50-75 Calories

- 1 medium piece of fresh fruit or ½-1 cup cut fruit
- 1 cup raw vegetables such as sliced peppers, mushrooms and tomatoes with 2 tablespoons hummus or fat free salad dressing
- 2 saltine crackers with 2 teaspoons peanut butter



100-125 Calories

- 1 cup nonfat, sugar free yogurt with ½ cup fresh or frozen, unsweetened berries
- 1 plain rice cake with ½ tablespoon peanut butter and ½ banana sliced
- ½ cup cottage cheese with ¼ cup berries
- 1 slice of toast with ¼ cup 1% cottage cheese, sprinkled with cinnamon
- Fruit smoothie with ¾ cup nonfat yogurt and ½ cup fruit
- 1 ounce of pretzels
- 3 fig newton squares



150-200 Calories

- ½ small whole wheat pita with 1 ounce of lowfat cheese and ½ cup cooked or fresh vegetables
- 1 small corn tortilla wrapped around 1 piece of low fat string cheese with 1 tablespoon of salsa
- 1 slice bread with mustard, 2 slices turkey breast and a slice of tomato
- 1 small-medium apple with 1 tablespoon peanut butter
- ¼ cup nut and raisin mix
- 1 cereal bar or reduced fat granola bar
- 4 cups of lowfat air-popped or microwave popcorn

